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### Modified Method of Shodhanartha *Snehapana*

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#### ABSTRACT

**Aim:** To observe *Samyaka Yoga, Ayoga* and *Atiyoga Lakshanas* of *Snehapana* as well as complications of modified method of *Shodhanartha Snehapana*.

**Introduction:** *Panchakarma* is *Shodhana Pradhana Chikitsa*. *Snehana* and *Svedana* are the karma that mainly done as *Poorva Karma* before performing any kind of *Panchakarma*. Amongst these two, *Snehapana* is time consuming and it requires more precise observation. The outcome of *Vamana* and *Virechana* depends on proper *Snehapana* because it prepares body for easy elimination of vitiated *Dosas* by *Shodhana Chikitsa*. The maximum duration of *Shodhanartha Snehapana* is considered for 7 days by *Charaka Samhita*. It has also mentioned that *Shodhanartha Snehapana* should be administered when meal of previous evening is digested. In afternoon also there is a time suitable for *Snehapana* when lunch is digested properly. Mostly Ayurveda practitioners are offering *Shodhanartha Snehapana* once a day in the morning. *Shodhanartha Snehapana* has been administered twice a day in to two divided doses in present study. This method is being practiced in P.D.Patel Ayurved Hospital, Nadiad, Gujarat since last 30 years.

**Materials & Method:** Before *Snehapana Agni* and *Kostha* were assessed, amount of *Sneha* which was given to the patients were divided in to two parts and one part is given to patient in the morning immediately after 1½ hour of sun rise and other in evening before 1½ hour of sun set. *Pippali Churna* was given for *Deepana* to the patients having *Mandagni*. Hot water was used as *Anupana* with *Snehapana*.

**Conclusion:** In following modified method, larger amount of *Sneha* can be administered easily and hence need not to wait up to 7 days to elicit the symptoms of *Samyaka Snehana*. It was found convenient for the patient.

**KEYWORDS** *Ayurveda, Snehapana, modified method*



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## INTRODUCTION

*Panchakarma* is *Shodhana Pradhana Chikitsa*. *Doshas* treated with *Shodhana* therapy do not get vitiation again easily<sup>1</sup>.

The main *Shodhana* procedures of *Panchakarma* include *Vamana*, *Virechana*.

All these procedures are performed in three stages i.e. *Purvakarma*, *Pradhankarma* and *Paschatkarma*. *Purvakarma* includes mainly *Snehapana* and *Svedana*. Amongst these two, *Snehapana* is time consuming and it requires more precise observation.

The outcome of *Vamana* and *Virechana* depends on proper *Snehapana* because it prepares body for easy elimination of vitiated *Doshas* by action of *Vamana* and *Virechana* drugs.

*Charaka Samhita* mentions that *Shodhanartha Snehapana* should be administered when meal of previous evening is digested<sup>2</sup>. It indicates that *Shodhanartha Snehapana* should be given when previous meal is digested, but person may not be hungry. The maximum duration of *Shodhanartha Snehapana* is considered for 7 days by *Charaka*<sup>3</sup>. Routinely Ayurveda practitioners are offering *Shodhanartha Snehapana* once a day in the morning. To elicit *Samyakayoga* symptoms within 7 days, larger amount of *Sneha* is required which is inconvenient to ingest for the patient.

In the evening 1½ hour before sun set, there is a time when food taken in the lunch was properly digested. This time is also suitable for *Shodhanartha Snehapana*. Hence if the total quantity of *Sneha* which is to be given in one day for *Snehapana* can be divided in two parts, half in the morning and half in evening before 1½ hr of sun set and it would be convenient for the patient. In this method, larger amount of *Sneha* can be administered easily and hence need not to wait up to 7 days to elicit the symptoms of *Samyaka Snehana*.

## AIMS AND OBJECTIVES

1. Clinical observation of patients undergoing *Snehapana* with modified method.
2. To observe the outcome of *Vamana* and *Virechana Karma* after *Snehapana* with Modified method.
3. To establish modified method of *Shodhanartha Snehapana*.
4. To evaluate the complications (if any) of the modified method of *Shodhanartha Snehapana*.

## MATERIALS AND METHOD:

### Selection of patient

Total 29 patients were selected between 2017-2018 from IPD of P. D. Patel Ayurveda Hospital, a teaching hospital of J.



S. Ayurveda Mahavidyalaya, Nadiad, irrespective of their age, sex, caste, religion, profession etc.

#### Inclusion criteria

Patients those were suggested for *Snehapana* as *Purvakarma* of *Vamana* or *Virechana*.

#### Exclusion criteria

Patients those were *Ayogya* (not eligible) for *Snehapana*.

#### Method

1. *Agni* and *Kostha* of the patient were assessed before starting *Snehapana*.
2. *Pippali* 3grams was given 3 days for *Dipana* prior to *Snehapana* in the patients having *Mandagni*.
3. The initial dose of the *Sneha* (between 30ml- 50ml twice a day) was decided on the basis of *Agni* and *Kostha* of the patient.
4. *Sneha* was given to the patients immediately after 1 ½ hour of sun rise and before 1 ½ hour of sun set.
5. Patients were observed whole day continuously after administration of *Sneha* for *Jiryamana* and *Jirna Lakshanas* of *Sneha*.
6. Every day the dose of *Sneha* was increased till *Samyaka Snigdha Lakshanas* appeared in the patients. The maximum duration of *Snehapana* was 7 days.
7. Hot water was used as *Anupana* with *Snehapana* and *Pathyapathya* was also followed.

## 8. Observations

### OBSERVATIONS

**Table 1** Distribution of 29 patients according to total amount of *Snehapana* in ml

No.	Total amount of <i>Sneha</i>	Percentage
1	300ml - 500ml	48.27%
2	500ml – 700ml	44.82%
3	700ml – 800ml	6.89%

**Table 2** Distribution of 29 patients according to duration required to achieve *Samyaka Snigdha Lakshanas*

No.	Number of days Required	Percentage
1	3 days	48.27%
2	4 days	41.37%
3	5 days	10.34%
4	6 days	0.00%
5	7 days	0.00%

**Table 3** Distribution of 29 patients according to *Jirnamana Lakshana* of *Sneha*

No.	<i>Jirnamana Lakshana</i>	Percentage
1	<i>Shiroruja</i>	65.51%
2	<i>Tirshana</i>	75.86%
3	<i>Daha</i>	31.03%
4	<i>Brama</i>	44.82%
5	<i>Sada</i>	72.41%
6	<i>Klama</i>	86.26%
7	<i>Arati</i>	75.86%

**Table 4** Distribution of 29 patients according to *Jirna Lakshana* of *Sneha*

No.	<i>Jirna Lakshana</i>	Percentage
1	<i>Sarirlaghuta</i>	58.62%
2	<i>Vatanuloman</i>	89.65%
3	<i>Kshudhpravruti</i>	34.48%
4	<i>UdgarShudhhi</i>	79.31%

**Table 5** Distribution of 29 patients according to *Samyaka Snigdha Lakshana* of *Snehapana*

No.	<i>Samyaka Snigdha Lakshana</i>	Percentage
1	<i>Vatanulomata</i>	89.65
2	<i>Agnideepti</i>	41.37
3	<i>SnigdhaVarchas</i>	100
4	<i>AsamhataVarchas</i>	86.2
5	<i>Twaksnigdhatata</i>	51.72
6	<i>Snehodvega</i>	72.41
7	<i>AdastatSnehadarshana</i>	68.96

**Table 6** Distribution of 23 patients of *Virechana Karma* and 6 patients of *Vamana Karma* according to *Antiki Suddhi* by *Karma*

No.	<i>Antiki Suddhi</i> by <i>Karma</i>	Patients	Percentage
1	<i>Pittanta Vamana</i>	6	100%
2	<i>Pittanta Virechana</i>	8	34.78%



3	<i>Kaphanta Virechana</i>	15	65.22%
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**Table 7** Distribution of 23 patients according to *Vaigiki Shuddhi* by *Virechana Karma*

No.	<i>Vaigiki Shuddhi</i> by <i>Karma</i>	Percentage
1	00 – 10	8.69%
2	10 – 20	30.43%
3	20 – 30	56.52%
4	30 – 40	4.34%

**Table 8** Distribution of 23 patients according to extent of *Shuddhi* after *Virechana Karma*

No.	Nature of <i>Shuddhi</i> after <i>Virechana Karma</i>	Percentage
1	<i>Pravara</i>	56.52%
2	<i>Madhyama</i>	30.43%
3	<i>Avara</i>	8.69%

## OBSERVATIONS AND RESULTS

- As per table no. 1 maximum 48.27% of patients needed 300ml – 500ml *Sneha*, 44.82% patients needed 500-700ml *Sneha* and only 6.89% patients needed 700ml – 800ml *Sneha* to achieve *Samyak Snigdha Lakshanas*.

- As per table no. 2 maximum 48.27% of patients achieved *Samyaka Sneha Lakshanas* on 3<sup>rd</sup> day followed by 41.37 % on 4<sup>th</sup> day and 10.34% on 5<sup>th</sup> day of *Snehapana*. No patient needed more than 5 days to achieve *Samyak Snigdha Lakshanas*.

- As per table no. 3 *Klama* was found in maximum 86.26% of patients followed by *Trishna* and *Arati* 75.86% each whereas *Shiroruja* was found in 65.51% of patients as *Jirnamana Lakshanas*.

- As per table no. 4 *Vatanulomana* was observed in maximum 89.65% of patients

followed by *Udgar Shudhhi* in 79.31% of patients as *Jirna Lakshanas*.

- As per table no. 5 *Snigdha Varchas* was observed in 100% of patients followed by *Vatanulomata*, *Asamhata Varchas* and *Snehodvega* in 89.65%, 86.2% and 72.41% respectively as *Samyak Snigdha Lakshanas*.

- As per table no. 6 *Vamana* was observed *Pittanta* in all the patients, whereas *Virechana* was observed *Pittant Virechana* in 34.78% and *Kaphanta* in 65.22% of patients.

- As per table no.7 & 8 Maximum 56.52% and 30.43% of patients were observed *Pravara Shuddhi* and *Madhyama Shaddhi* of *Virechana Karma* respectively.

## DISCUSSION

✓ *Shodhanarth Snehapana* should be administered when meal of previous evening was completely digested. This time is also suitable for *Shodhanartha Snehapana*.

✓ In afternoon also there is time when food taken in the lunch is digested hence this time of afternoon is also suitable for the administration of the *Shodhanartha Sneha*.

✓ All the patients included in the study achieved *Samyak Snigdha Lakshanas* without any complication.

✓ No any complication was observed due to *Snehapana* during and after *Karma*.



✓ By this modified method *Samyak Snigdha Lakshanas* can be noticed within a short time of period between 3 to 5 days; hence no need to wait up to 7days.

✓ *Shodhanarth Snehapana* is given twice a day which is found more convenient to the patients because of smaller amount of divided dose of the total amount of the *Sneha* to be administered in one day for *Shodhanartha Sneha*.

✓ *Pittanta Vamana* and *Kaphanta* or *Pittanta Virechana* was observed which is expected for proper *Shuddhi* of vitiated *Kapha* and *Pitta Doshas*.

## CONCLUSION

➤ By this modified method *Samyak Snigdha Lakshanas* are elicited within short time of period with easily between 3 to 5 days; hence need not to wait up to 7days.

➤ *Samyak Snigdha Lakshana* was found in all patients without any complication.

➤ *Shodhanarth Snehapana* is given twice a day which is found more convenient to the patients.

➤ No any complication was observed in *Vamana* and *Virecana Karma* due to *Snehapana* in all the patients.



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